

FEBRUARY 2010

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1		2		3		4		5	
8 - 3 8 - 10 8:15 - 9:15 8:30 - 12:15 9 - 3 9 - 12 10 - 3 10 - 12 10:30 - 12:30 12:45 - 2:30 1 - 4:30 1 - 3:30 1:30-3:30 3:30 - 4:30 5 - 9 5:45 - 9	* Enhance Wellness (CR) Veteran Services (L) * Enhanced Fitness (M1-3) * Income Tax (R) * Footcare (HR) * Oil Painting (W) * Drivers Safety (M1) Mah Jongg (L) Computer Tutor (C) Mah Jongg (L) Scrabble (L) * Watercolor (W) Computer Tutor(C) * Enhanced Fitness (M 1-2) Extended Hours Pinochle Party (L)	8 - 5 8:30 - 12:15 8:30 - 9:30 10 - 3 10 - 12 12 - 3 12:45 - 3:30 12:45 - 2:15 5 - 9 5:30 - 8 6 - 9 6 - 8:30	* Enhance Wellness (CR) * Income Tax (R) * Zumba Gold (M1-2) * Drivers Safety (M1) * Volleyball (LDS) Computer Tutor (C) Pincochle Party (L & R) Bingo (W) Extended Hours Computer Lab w/ Tutor Mexican Train Dominoes (L) * Watercolor (W)	8 - 5 8:15 - 9:15 9:30 - 12:30 9:30 - 11:30 1 - 3:30 1 - 3:30 3 - 5 3:30 - 4:30 5 - 9	* Enhance Wellness (HR) * Enhanced Fitness (M1-3) * Wii Bowling League (R) Needle Craft Club (FL) * Watercolor (W) Movie: Julie & Julia (R) Cribbage (L) * Enhanced Fitness (M 1-2) Extended Hours	8:30 - 12 9 - 1 10-12 10 - 12 10 - 12 10:30 - 12:30 12:45 - 3:30 1 - 3 1:30 - 3:30	* Enhance Wellness Program (HR) Food Pantry (M1) Wii Bowling(M1) * Spanish (W) * Volleyball (LDS) Computer Tutor (CR) Pinochle Party (L & R) * Writing Your Life Story (W) Swedish (M2)	8:15 - 9:15 9 - 3:30 9 - 12 10 - 3 10 - 12 10 - 12 12:30 - 3:30 12:45 - 3 1 - 4:30 3:30 - 4:30	* Enhanced Fitness (M1-3) * Hike: Alki Beach Food Pantry (M1) * Respite (W) Computer Tutor (C) Contract Bridge (R) Super Senior Pool Tourney 9-ball (P) Contract Bridge (R) Scrabble (L) * Enhanced Fitness (M 1-2)
8		9		10		11		12	
8 - 3 8:15 - 9:15 8:30 - 12:15 9 - 3 9 - 12 10 - 12 10:30 - 12:30 12:45 - 2:30 1 - 4:30 1 - 3:30 1:30-3:30 3:30 - 4:30 5 - 9 5:45 - 9	* Enhance Wellness (CR) * Enhanced Fitness (M1-3) * Income Tax (R) * Footcare (HR) * Oil Painting (W) Mah Jongg (L) Computer Tutor (C) Mah Jongg (L) Scrabble (L) * Watercolor (W) Computer Tutor(C) * Enhanced Fitness (M 1-2) Extended Hours Pinochle Party (L)	8 - 5 8:30 - 12:15 8:30 - 9:30 10 - 3:30 10 - 3:30 10 - 3 10 - 12 10:30 - 2:30 12 - 3 12:45 - 3:30 2 - 3 4 - 7:30 4 - 7 5 - 9 5:30 - 8 6 - 9 6 - 8:30	* Enhance Wellness (CR) * Income Tax (R) * Zumba Gold (M1-2) * Massage (HR) * Walk: Pioneer Park Respite (W) * Volleyball (LDS) Garden Club (M1) Computer Tutor (C) Pincochle Party (L & R) * Caregivers Support Group (CR) * Dining Out- Icon Grill (Van) * Massage (HR) Extended Hours Computer Lab w/ Tutor Mexican Train Dominoes (L) * Watercolor (W)	8 - 5 8:15 - 9:15 9:30 - 12:30 9:30 - 11 10 - 11:30 1 - 3:30 1 - 3:30 3 - 5 3:30 - 4:30 5 - 9	* Enhance Wellness (HR) * Enhanced Fitness (M1-3) * Wii Bowling League (R) Wellness Meeting (CR) Open Jam Session (M1-2) * Watercolor (W) Movie: The Ugly Truth (R) Cribbage (L) * Enhanced Fitness (M 1-2) Extended Hours	8:30 - 12 9 - 12 10 - 12 10 - 12 10 - 11 10:30 - 12:30 12:30 - 2:30 12:45 - 3:30 1 - 3 1 - 2	* Enhance Wellness Program (HR) Hospital Auxilary (M1) * Spanish (W) * Volleyball (LDS) Coffee Hour w/ Councilmembers (R) Computer Tutor (CR) Staff vs Sr Pool Tournament Pinochle Party (L & R) * Writing Your Life Story (W) Card Making Class (M1)	8:15 - 9:15 9 - 3:30 10 - 3:30 10 - 3 10 - 12 10 - 12 11:30-1 12:30 - 3:30 12:45 - 3 1 - 4:30 3:30 - 4:30	* Enhanced Fitness (M1-3) * Hike: Soaring Eagle * Massage (HR) * Respite (W) Computer Tutor (C) Contract Bridge (M1) * Valentines Day Lunch (M2-3) Men's Pool Tournament 8-ball (P) Contract Bridge (M1) Scrabble (L) * Enhanced Fitness (M 1-2)
15		16		17		18		19	
CLOSED PRESIDENT'S DAY HOLIDAY		8 - 5 8:30 - 12:15 8:30 - 9:30 10 - 12 10 - 11:30 12 - 3 12:45 - 3:30 12:45 - 2:15 1 - 3 5 - 9 5:30 - 8 6 - 9 6 - 8:30	* Enhance Wellness (CR) * Income Tax (R) * Zumba Gold END (M1-2) * Volleyball (LDS) Advisory Council (W) Computer Tutor (C) Pincochle Party (L & R) Bingo (W) Book Club (CR) Extended Hours Computer Lab w/ Tutor Mexican Train Dominoes (L) * Watercolor (W)	8 - 5 8:15 - 9:15 9:30 - 12:30 9:30 - 12:30 9:30 - 11:30 10 - 11:30 1 - 3:30 1 - 3:30 3 - 5 3:30 - 4:30 5 - 9	* Enhance Wellness (HR) * Enhanced Fitness (M1-3) * Estate Planning (CR) * Wii Bowling League (R) Needle Craft Club (FL) * What is PTSD? NEW (W) * Watercolor (W) Movie: Angels and Demons (R) Cribbage (L) * Enhanced Fitness (M 1-2) Extended Hours	8:30 - 12 9 - 12 10-12 10 - 12 10 - 12 10:30 - 12:30 11:30 - 12:30 12:45 - 3:30 1 - 3 1:30 - 3:30	* Enhance Wellness Program (HR) Hospital Auxilary (M1) Wii Bowling(M1) * Spanish (W) * Volleyball (LDS) Computer Tutor (CR) Birthday/Anniversary Celebration (M 2-3) Pinochle Party (L & R) * Writing Your Life Story (W) Swedish (M1)	8:15 - 9:15 9 - 3:30 10 - 3 10 - 12 10 - 12 12:30 - 3:30 12:45 - 3 1 - 4:30 3:30 - 4:30	* Enhanced Fitness (M1-3) * Hike: Trail of the Giants * Respite (W) Computer Tutor (C) Contract Bridge (PRAB) Super Senior Tournament 8-ball (P) Contract Bridge (PRAB) Scrabble (L) * Enhanced Fitness (PRAB)
22		23		24		25		26	
8 - 3 8:15 - 9:15 8:30 - 12:15 9 - 12 9 - 12 10-3 10 - 12 10:30 - 12:30 11 - 12 12:45 - 2:30 1 - 4:30 1 - 3:30 1:30-3:30 3:30 - 4:30 4:45 - 6 5 - 9 5:45 - 9	* Enhance Wellness (CR) * Enhanced Fitness (M1-3) * Income Tax (R) * Oil Painting (W) * SHIBA (CR) Drivers Safety(M1) Mah Jongg (L) Computer Tutor (C) Blood Pressure Clinic (HR) Mah Jongg (L) Scrabble (L) * Watercolor (W) Computer Tutor(C) * Enhanced Fitness (M 1-2) * Supper Club (M2-3) Extended Hours Pinochle Party (L)	8 - 5 8:30 - 12:15 8:30 - 9:30 9 - 10 10-3 10 - 3:30 10 - 3 10 - 12 10 - 11:30 12 - 3 12:45 - 3:30 4 - 7 5 - 9 5:30 - 8 6 - 9 6 - 8:30	* Enhance Wellness (CR) * Income Tax (R) * Zumba Gold NEW (M1-2) Host/Hostess/Barista Meeting (M2) Drivers Safety(M1) * Massage (HR) * Respite (W) * Volleyball (LDS) Office Meeting (W) Computer Tutor (C) Pincochle Party (L & R) * Massage (HR) Extended Hours Computer Lab w/ Tutor Mexican Train Dominoes (L) * Watercolor (W)	8 - 5 8:15 - 9:15 9:30 - 12:30 10 - 11:30 10 - 11:30 11:30 - 2 1 - 3:30 1 - 3:30 3 - 5 3:30 - 4:30 5 - 9	* Enhance Wellness (HR) * Enhanced Fitness (M1-3) * Wii Bowling League (R) * What is PTSD (W) Open Jam Session (M1-2) * Leisurely Lunch (Van) * Watercolor (W) Movie: Harry Potter & The Half Blood Prince (R) Cribbage (L) * Enhanced Fitness (M 1-2) Extended Hours	8:30 - 12 9 - 12 10-12 10 - 12 10 - 12 10:30 - 12:30 12:45 - 3:30 1 - 3	* Enhance Wellness Program (HR) Hospital Auxilary (M1) Wii Bowling(M1) * Spanish END (W) * Volleyball (LDS) Computer Tutor (CR) Pinochle Party (L & R) * Writing Your Life Story END (W)	8:15 - 9:15 9 - 3:30 10 - 3:30 10 - 3 10 - 12 10 - 12 12:30 - 3:30 12:45 - 3 1 - 4:30 3:30 - 4:30	* Enhanced Fitness (M1-3) * Hike: Pt. Defiance * Massage (HR) * Respite (W) Computer Tutor (C) Contract Bridge (M1) Men's Pool Tournament 9-ball (P) Contract Bridge (M1) Scrabble (L) * Enhanced Fitness (M 1-2)